

Application Ser. No. 10/620,323

Replace the existing Abstract with the following new Abstract:

**ABSTRACT OF THE DISCLOSURE**

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A bicycle fork includes a pair of fork leg assemblies, each of the leg assemblies having an upper leg telescopingly engaged with a lower leg. A damping assembly is provided in at least one of the legs. The damping assembly includes an adjustable valve, sometimes referred to as a pressure-relief or blow-off valve. The adjustable valve is

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externally adjustable without tools. Furthermore, the adjustable valve and another fluid flow control valve may be adjusted independently of each other.